

Elders demonstrate exercise program at conference

By Leslie Mitts
Spilyay Tymoo

Several Warm Springs seniors came home winners after attending a conference in Arizona, where they also presented a successful local program to fellow seniors.

A group involved with the EnhanceFitness Program traveled to the 20th Annual Arizona Indian Council on Aging Conference in Mesa, Arizona, and won events during a special "Senior Olympics."

Wilson Wewa, coordinator for EnhanceFitness, went to the conference along with six local seniors. The group demonstrated their successful exercise program to seniors attending the event.

They traveled to the conference from April 7-11 and all had positive things to say about the trip.

"We didn't want to come home," Lupe Samuels said. "It wasn't long enough."

During the conference the seniors also had the chance to



From left to right: Floyd Gibson, Daniel Brisbois Sr., Eliza Brown-Jim, Robert Samuels and Lupe Samuels. (not pictured, Harvey Jim)

participate in arts and crafts activities, line dancing lessons, fitness walks, workshops on senior issues, and a "senior prom" in addition to the "Senior Games."

Lupe Samuels and Eliza Brown-Jim each won in the "shinny" competition, while Daniel Brisbois Sr. and Floyd Gibson won in the "Casting Pole" event. Robert Samuels

won in the basketball toss.

Events in the "Senior Games" were done by age category, Brown-Jim said, and the Warm Springs seniors participated in every event—in fact, she added, Harvey Jim was the only one to participate in the bicycle event.

Wilson Wewa even won the "twist" contest, she said.

During the conference they had the chance to tour a reservation in Arizona with Paul Smith, who hosted them during the event.

"They treated us very beautifully," Brown-Jim said.

Samuels agreed, and said, "People were so friendly."

In Brown-Jim's opinion, the conference is "something that

we all need to take part in."

"I'd like to fundraise or something and go back," she added.

It's an opinion that the other seniors readily agreed with. "I hope we all get to go back," Daniel Brisbois Sr. said.

"I really want to thank all the people responsible for us going there," Samuels added. "We really benefited a lot from it."

The theme of the 2008 conference was "Weaving Traditional Values into Changing Times." The conference focuses on healthy practices and socialization as a means to advancing the well being of American Indian elders and individuals with disabilities

It is designed for elders 55 and over, individuals with disabilities, service providers, informal/formal caregivers, volunteers, advocates and human service providers within tribal communities.

EnhanceFitness is offered to seniors through a partnership between the Senior Services Program and IHS.

Notice of availability

Notice of availability of a finding of no significant impact of the project assessment entitled: Biomass Transmission Line Project, issued by the superintendent, Bureau of Indian Affairs, Warm Springs Agency, dated April 7, 2008.

This notice advises the public that the finding of no significant impact (FONSI) on the biomass transmission line project on the Warm Springs Reservation is available for public review.

Anyone interested in obtaining a copy of this FONSI, then please contact:

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